

Personal Training Now Offered at Fithub



West Hollywood, California Feb 22, 2023 (Issuewire.com) - Bodybuzz FREE Demo Session

We have an exciting event coming up!

We will be offering complimentary [electrical muscle stimulation](#) sessions at Fithub, a brand-new personal training studio in West Hollywood.

The personal training studio is located at 423 S. Fairfax, West Hollywood CA 90036

For more information, you can check their website: <https://www.fithubusa.com/>

The EMS fitness demo day will start at 9:30 am with EMS training sessions running every 30 minutes until 3 pm.

Book your 30-minute slot here: <https://calendly.com/conradfitness/30min>

We will be serving cans of the nitro match from Chatty Matcha: <https://www.chattymatcha.com/>

As well as ready-to-drink protein shakes from Iconic: <https://www.drinkiconic.com/>

What to expect:

- You will receive a set of undergarments to wear during the session. The undergarment is made out of 93% cotton, it is designed to act as a layer between you and the [EMS suit](#) so the stimulation goes through safely and evenly.

- Fithub, the personal training studio has two bathrooms that are spacious enough to change into.
- We will then suit you up with the EMS suit that has electrodes on all the major muscle groups. If there's a muscle you want to work on more than others just let us know and we can calibrate every muscle to your comfort level.
- You will then get a 20-minute EMS workout that will include a warm-up, a full-body workout, our signature core program, and finish a recovery program. If we have time we can also include a short demo of our pain relief program for any area where you may be feeling pains and aches.
- You can then change back into your regular clothes, grab a protein drink or nitro matcha and get on with your day knowing that in this 20-minute workout, you will have trained the equivalent of a 60 to a 90-minute weightlifting session.
- Enjoy some wonderful samples from our vendors:
 - Tru Niagen: A rare supernutrient found in trace amounts in nature. Scientifically proven to increase NAD+*, the most crucial coenzyme for each of the 37.2 trillion cells in your body. Researched by the top scientific institutions in the world.
 - Drinkiconic: Level up with quality protein & ideal ingredients. No lactose, no soy, no gluten. Lightly sweetened with a touch of monk fruit and zero sugar.
 - Chattymatcha: nitro matcha for your every day. simple, anxiety-free caffeine, perfectly sweet, with no chalky aftertaste

Here are some of the most common benefits of electrical muscle stimulation:

- EMS fitness is a short workout. Only takes 20 minutes and is the equivalent of an hour or more of resistance training.
- [EMS workouts](#) are joint-friendly and low-impact. We don't need heavy weights or even weights at all.
- Electrical muscle stimulation training is very effective at getting people stronger. The electrical stimulation will fire all muscle fiber types
- EMS can activate dormant muscles. If you have trouble activating certain muscles, the stimulation will definitely help you contract them.
- EMS fitness helps with posture. The stimulation in all the core muscles will remain on the entire EMS workout, in addition to focusing on specific core muscles towards the end of the workout.

We hope to see you on February 25th at Fithub!

Book your 30-minute slot here: <https://calendly.com/conradfitness/30min>

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Source : Bodybuzz

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